



Trauma Informed Care (TIC)

Overview

Most of us can recall a major life event that disrupted our lives in some way. It could be a natural disaster, the loss of a loved one, a medical treatment, or the memory of abusive words or physical assault. Trauma is widespread, but the intensity level of these experiences differs, as does the way we deal with these events. A child's coping skills can be overwhelmed, resulting in extreme emotional, psychological and physiological distress.

Trauma can involve actual or perceived threats to the safety and well being of a child, or to someone close to them. Whether single occurrences, recurring or multiple unrelated events, these experiences result in feelings of fear and helplessness. These are normal responses to abnormal events, not signs of weakness.

A child's can be affected at any developmental stage, beginning at infancy. Varied reactions may have wide ranging effects on a child's physical health, emotional responses, behaviors and school success. Caregivers, teachers and service providers can be more effective in providing care and support if they are trauma-informed and sensitive to a child's needs.

Description

As a part of the Trauma Informed Care Initiative, There have been six *Regional TIC Collaboratives* formed. The Regional Collaboratives identify strengths, champions, and areas of excellence as resources. The collaboratives identify weaknesses and barriers for implementation of TIC; develop a repository of expertise, knowledge, and shared resources that will assist in dissemination of information and support.

There are a number of tip sheets, curricula and tools available to understand and begin a District culture change that results in trauma informed environments. The key is to build-in Trauma Informed Care school systems regarding prevention and intervention by identifying risks and building resiliency as protective factors when helping children and families. The Wood County and Southeastern Ohio providers are working with the National Council's Learning Community.

You can find out more at the OhioMHAS website at <http://mha.ohio.gov/traumacare> Go to Resources in the upper left and then to Schools and Trauma-Informed Care Tip Sheets for information. The "Calmer Classroom" model/curriculum, Melbourne, Victoria Australia is recommended for use in schools.

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